

A dose a day...

Remember the old saying, a multivitamin a day keeps the doctor away...Ok, so maybe we've done some tweaking here and there but all for a good cause – your health!

With all weight loss surgeries, including gastric banding, it is difficult to consume the volume of food required to meet all your body's nutrient needs, while maintaining the weight loss you want. With a Lapband your body absorbs the nutrients from your food just like it did before surgery, but even with a perfectly balanced diet you often don't eat enough good food to always meet your needs and you are unlikely to eat perfectly every day. This is why we recommend a daily multivitamin be taken by all band patients.



Research has shown that people who have Lapbands often have vitamin/mineral deficiencies even before surgery and that this can be compounded after surgery, especially with folate, iron, thiamine, calcium and zinc.



We recommend you take a multivitamin daily. Berocca is appropriate for immediately post op (because it's an easily swallowed liquid) but after this we recommend a supplement with a broad range of vitamins and minerals like Nutrichew (designed for Lapband patients- get it online at www.bandbuddies.co.nz) or Centrum.

Consuming the right amount of vitamins and minerals will not only help keep you healthy this winter but can also aid weight loss. Ask us more about your multivitamin options next time you're in the clinic.

Kind Regards
The SOS Banding Teams



**SURGICAL
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Easy Chicken Casserole

Crockpots (or slow cookers) are great for busy people. With a little preparation in the morning, you can come home to a tasty hot meal. This chicken casserole has plenty of veggies and is perfect for a cold winter night.



- 8 chicken drumsticks, skin removed
- 2 rashers lean bacon, chopped (optional)
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 teaspoons paprika
- 1 can tomato-based pasta sauce (420 gram can), or canned tomatoes work well too
- 1 teaspoon dried mixed herbs
- 1 bag frozen stir-fry vegetables, or use fresh vege
- 1 can chickpeas (420 gram can), drained and rinsed

Cooking directions

1. Heat a little oil in a non-stick frying pan. Brown chicken, bacon, onion, and garlic. This is best done in two batches. (If you are short of time you can miss out this step.)
2. Place all ingredients, except chickpeas and frozen vegetables, in the crockpot / slow cooker and cook on LOW for 8 hours (check manufacturers instructions). Or if you don't have a crockpot / slow cooker, put ingredients in casserole dish and cook in an oven at 180 degrees for about 1 hour.
3. Add chickpeas and frozen vegetables towards the end of cooking and cook for another 30 minutes (or until veggies are warm through).

**Try using canned lentils or kidney beans instead of chickpeas

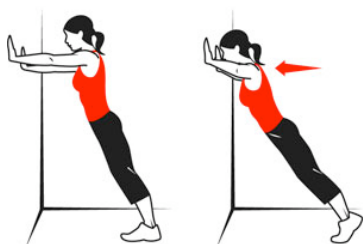
For a Beef and vegetable casserole see our Lapband newsletter from Winter 2010 on our website: www.obesitysurgery.co.nz/news.htm

Lucy's winter warm-ups

Are you looking for some easy exercises to tone up your arms over the winter months so that when summer comes around you have better looking arms for your short sleeve tops?

Here are two easy exercises that you can do at home without any equipment.

1. The Wall Press Up – Stand with your feet about one metre away from the wall. Place your hands on the wall at shoulder level with hands wider than shoulder width apart. Bend your elbows and take your nose and body in towards the wall. Push away and straighten out your elbows. Try and do 2 sets of 10 repetitions.



2. Tricep dip on the floor – Sit on the floor with your legs out straight and place your hands behind your hips and fingers pointing towards your feet. Bend both elbows so your upper body leans backwards. Straighten elbows out to come upright again. Try and do 2 sets of 10.



Support Groups

Waikato/Bay of Plenty Support Group:

This group meets regularly at different locations around the Waikato/Bay of Plenty area. To find out about future meetings or for any queries, please contact Barbara at chickie_babe@ihug.co.nz or 021 139 3805

SOS Wellington Support Group

“How to best dress for your body size/shape” led by style consultant Trudi Bennett. To be held on Thursday **August 4th at 7pm** at our clinic rooms in Thorndon. Guaranteed something for everyone.

Profile Stories

I am still on the hunt for people to write short entries about their Lapband experiences for the newsletter. If you've enjoyed reading about others' journeys, maybe it's time for you to share your story. These can be anonymous, public, serious, hilarious – totally up to you. For more information contact me at dietitian@obesitysurgerywellington.co.nz.

WLS NZ Conference 2011 - Save the Date

This will be held in Palmerston North on Nov. 18-20th - further details still to come. Visit www.weightlosssurgery.co.nz to register or for more information. The event co-ordinator, Janine Halliwell, is also happy to help with questions or queries either via the “contact” tab on the WLS webpage or by adding her as a friend on Facebook.

Over the coming months we will be selling tea towels in our SOS clinics to help fundraise for the WLS conference. We encourage you to support this worthy cause.

Introducing: Anthony

We are pleased to announce that Anthony has recently joined the Surgical Obesity Service team in Wellington as our Office Administrator. His working hours will be 8.30am and 5.00pm Monday, Tuesday, Thursday and Friday.



Anthony has a background in marketing and information technology, as well as customer service and he is really looking forward to meeting everyone.

Also, our grateful thanks go to Karen, our temporary receptionist, for filling in over the last 6 weeks. Please extend a warm welcome to Anthony and again, thank you for your understanding and patience.

Where Are We...

Feel free to visit or contact us any at time

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